

TOOLS AT YOUR FINGERTIPS

Your StayWell wellness portal is free, confidential and a place you can earn points toward your reward. You have access to tips and ideas to help you reach your health goals. Log on to <https://wellmass.staywell.com> to:

- » Complete activities or track progress with your computer, smartphone or tablet.
- » Take the Health Questionnaire to get your personalized health summary action plan.
- » Connect with a health coach to make healthy changes, your way.
- » Discover more about cholesterol, back health and weight management with online digital workshops.
- » And more!



Classrooms



Videos



Podcasts



Recipes



Calculators



Quizzes



<https://wellmass.staywell.com>

Hello Happy.

Simple changes. Start today.

YOUR WELLMASS WELLNESS PROGRAM

Find important details inside.



**Commonwealth of Massachusetts
Group Insurance Commission**

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Your personalized portal.
<https://wellmass.staywell.com>



Get your questions answered.
Call 800-926-5455



P.O. Box 21427 ■ St. Paul, MN 55121-0427

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YOUR 2015 - 2016 WELLMASS WELLNESS PROGRAM



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GET HAPPY. GET REWARDED.

Your health matters to us — that is why the Commonwealth partners with StayWell® to offer the WellMASS program to state employees. Supporting you and your well-being is the right thing to do for you, our colleagues and our families.

I hope you will consider taking advantage of this free benefit, offered through the Group Insurance Commission (GIC), its activities and resources to learn more about your own personal health and ways to improve it.

Go ahead and take this opportunity to start living a healthier lifestyle, today — the Commonwealth supports you.

Charles Baker

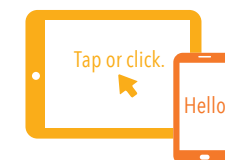
PRIVACY PROTECTED. ALWAYS.

- Your personal health information is never shared with
- the Group Insurance Commission (GIC), your agency,
- your health plan or anyone else without your written
- approval. All information is protected by federal law
- and remains secure with The StayWell Company, the
- WellMASS program administrator, who follows strict
- rules and guidelines to protect your privacy.

REGISTER ONLINE: wellmass.staywell.com

Each year, the number of you who participate in WellMass increases. Join your co-workers, get moving on your wellness goals and activities and get rewarded.

HERE'S WHAT'S NEW WITH WELLMASS



- » **Try Online Digital Workshops** to discover something about the health topic of your choice. Digital Workshops are available 24/7.

» Participate in Weight Management Group Coaching.

Join the webinar-based, interactive group coaching program focused on providing guidance, education, weight management skills and social support.

» Coming in 2016:

Self-paced, online coaching and a walking challenge.

Track your progress on
<https://wellmass.staywell.com>.



Required Activity

Complete the StayWell Health Questionnaire by April 30, 2016, and receive a \$30 gift card and receive 50 points.



+ Wellness Activity(s)

Participate in a variety of activities by June 30, 2016, and earn 25–50 points towards your 100 point goal to be eligible for various raffles.

You must complete the Health Questionnaire to be eligible for raffles.

YOUR REWARD

This year, in addition to receiving an incentive for taking the health questionnaire, there's more. Earn 100 points by June, 2016, to be entered into raffles for additional gift cards and an iPad.

» Raffle #1. Drawing held March 2016

Complete the Health Questionnaire and other activities listed in the chart to get 100 points by February 28, 2016. 100 winners will get a \$100 gift card.

» Raffle #2. Drawing held May 2016

Complete the six-week health challenge during Spring 2016 and be entered to win. 100 winners will receive a \$100 gift card.

» Raffle #3. Drawing held July 2016

Earn 100 points by June 30, 2016 for the final raffle of the year. You could win an iPad (10 winners) or a \$50 gift card (100 winners).

Get moving!

The sooner you complete your Health Questionnaire and other activities, the more raffles you will be eligible for.

SELECT THE WELLNESS ACTIVITIES OF YOUR CHOICE

Wellness Activities	Points Earned Total Required Points: 100 (September 14, 2015 – June 30, 2016)	Participant Requirements
Health Questionnaire (Required)	\$30 gift card AND 50 points	Complete Health Questionnaire
Telephonic Health Coaching	50	Enroll and complete at least three phone coaching sessions with assigned StayWell health coach
Mail-Based Health Coaching	25	Complete six mailings and online pre- and post- surveys
Self-Directed Coaching (Available starting January 2016)	50	Completion of four-week program
Group Coaching: Weight Mgmt. Series (February – May 2016)	25	Completion of six sessions of eight-week series
Digital Workshops (Available starting October 2015)	25	Completion of three out of five digital workshops
StayWell Walking Challenge (March – April 2016)	50	Complete six-week challenge

For more information, go to <https://wellmass.staywell.com>